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Institutional Feeding Managers Reserve Stewards-Chefs-Cooks

ATTENTION PLEASE!

March 27, 1944

E G G S ! ! !

Eggs are the Theme
Serve them a la King.

The EGG Situation The supply of fresh eggs has increased greatly. Because of this there is a need for your cooperation to include EGGS in the daily menus as often as possible.

U.S. DEPARTMENT OF AGRICULTURE

Shipments of eggs already received on the Pacific Coast are one-third greater than this time last year.

Egg production is near its peak and the early Spring season and favorable weather conditions have done much to increase the early availability of this important food.

Wartime transportation situation plus the rapidly disappearing Western storage facilities make it imperative that extra efforts be made to keep this record production moving from farm to civilians.

PUSH EGG DISHES Stretch ration points. They are an economical food. Use them and make good percentages.

This comparative chart giving wholesale prices and weight of eggs according to size will show the best buy for institutional users:

<u>* (Grade A Large</u>	<u>Grade A Medium</u>	<u>Grade A Small</u>)
(24 oz. per Doz.	21 oz. Per Doz.	18-21 oz. per Doz.))
(\$.37 - \$.38- $\frac{1}{2}$	\$.31 - \$.32- $\frac{1}{2}$	\$.21 - \$.23)

* This chart is based on Federal inspection minimum weights per dozen in the three size categories.

You will note that mediums are \$.06 per dozen cheaper than large, with a three ounce difference in weight and that small are \$.16 (average) cheaper than the large with the weight difference only four and one-half ounces (average).

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WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION

Industrial Feeding Section-Room 647-821 Market Street San Francisco, 3, California
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TIMELY MENU SUGGESTIONS FOR LUNCH COUNTERS:

Omelet with Vegetables
 Avocado Salad
 Bran Muffins
 Rhubarb Pie

Filled Egg Turn-overs
 Asparagus
 Relish
 Baking Powder Biscuits
 Fruit Cup

Creamed Eggs on Patty Shell
 Carrots Green Salad
 Cake

SUGGESTED WAYS TO INCLUDE EGGS IN DAILY MENU:Salads for Spring:

Stuffed Egg and Pickled Beet Salad
 Sliced Eggs and Asparagus Salad
 Eggs as a garnish on Potato Salad

SPANISH RICE AND BAKED EGGS

Ingredients	20	<u>S e r v i n g s</u>	
		50	100
Eggs	20	50	100
Bread Crumbs	1-1/2 Cups	3-3/4 Cups	7-1/2 Cups
Grated Cheese	1/3 Cup	1 Cup	2 Cups
Spanish Rice (See Recipe Below)			

Arrange layers of Rice in greased bake dish.
 Make dents in Rice and break an Egg in each dent.
 Sprinkle with bread crumbs and grated cheese.
 Bake at 350° until eggs are set.

SPANISH RICE

Rice	1-1/4 Lbs.	3 Lbs.	6 Lbs.
Onions, minced fine	6 Oz.	1 Lb.	2 Lbs.
Tomatoes	10 Oz.	1-1/2 Lbs.	3 Lbs.
Peppers, chopped fine	6 Oz.	1 Lb.	2 Lbs.
Soup Stock	3-1/4 Cups	2 Qts.	1 Gal.
Chili Powder	2 Tsp.	5 Tsp.	10 Tsp.
Fat	8 Oz.	1-1/4 Lb.	2-1/2 Lb.
Salt and Cayenne to Taste			

Wash Rice. Saute in fat until brown. Saute Onion, pepper together until brown. Add tomatoes. Cook ten minutes longer. Put in boiler. Add Browned Rice and seasoning. Pour over the stock and cook until Rice is tender.